

# Distracted



Getting distracted on this job could cost you your life.



Network of Employers  
For Traffic Safety

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When behind the wheel, driving is your most important job. Michigan police report almost 5,000 drivers are involved in crashes each year because they are distracted by a variety of factors.

## Top 5 Causes of Distracted Driving

- 16%** Looking at crashes, roadside incidents or traffic
- 12%** Driver fatigue
- 10%** Looking at scenery or landmarks
- 9%** Passenger distraction
- 7%** Adjusting radio, CD or tape

Other distractions include eating and drinking, grooming, and talking on a cell phone.

## Safety Tips

- Minimize cell phone use while driving. If you must call, do so when stopped or in light traffic. Never dial while turning or in heavy traffic. Make calls short.
- Drive defensively. Being attentive means looking out for the driver who isn't. Expect the unexpected and always leave yourself an out.
- Shave or put on makeup before getting in the car. The rearview mirror is for watching traffic, not checking out your reflection.

**Sources:** Michigan State Police, Criminal Justice Information Center; Virginia Commonwealth University; Network of Employers for Traffic Safety

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